

# Clear Change® 10-Day Program Shopping List

**Let's go shopping!** Be sure to go shopping for everything you need to successfully support your 10-day program. Buy organic foods when possible.

## Vegetables (Fresh or Frozen)

Artichoke  
Asparagus  
Bamboo shoots  
Beans: green, wax, Italian  
Beets, beet greens  
Broccoli  
Broccoli  
Brussels sprouts  
Cabbage: red, green, bok choy, etc.  
Cauliflower  
Carrots  
Celery, celery root  
Chayote  
Cucumber  
Garlic  
Green onions or scallions  
Greens: arugula, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, turnip  
Eggplant  
Gourds: bitter, bottle, bitter melon  
Hearts of palm  
Jicama  
Kelp  
Kohlrabi  
Leeks  
Lettuce: all varieties  
Mushrooms  
Okra  
Onions  
Parsnips  
Pea: green  
Peppers: all varieties  
Potatoes: Yukon gold, new, or red  
Radishes  
Rutabaga  
Seaweeds  
Sprouts: all varieties  
Squash: summer, crookneck, delicata, spaghetti, acorn, butternut yellow, zucchini  
Sugar snap peas, snow peas  
Tomatoes  
Turnips  
Water chestnuts  
Watercress  
Yams, sweet potatoes

## Fish/Core Protein (Fresh, Wild-caught)

Alaskan salmon  
Halibut  
Herring  
Mackerel  
Trout

## Meat/Poultry (Free-range, Grass-fed)

Chicken, skinless  
Cornish hen, skinless  
Lamb: leg, chop, lean roast  
Turkey, skinless  
Wild game: buffalo, elk, venison

## Core Fruits

Apple  
Apple juice, unsweetened  
Applesauce  
Pear  
Pear juice, unsweetened

## Other Fruits

Apricots  
Banana  
Blackberries  
Blueberries  
Boysenberries  
Cantaloupe  
Cranberries  
Fresh figs  
Grapes  
Honeydew melon  
Kiwi  
Loganberries  
Mango  
Nectarine  
Papaya  
Peach  
Persimmon  
Pineapple  
Plums  
Raspberries  
Strawberries  
Tangerines  
Watermelon

## Rice/Grains

Amaranth  
Buckwheat groats  
Buckwheat noodles, pure  
Millet  
Oats: gluten-free whole or steel-cut  
Quinoa  
Rice: basmati, brown, white  
Rice: wild  
Rice cakes  
Rice cereal, unsweetened  
Teff

## Legumes (Vegetable Protein)

Beans: black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, etc.  
Beans, vegetarian refried  
Bean soups  
Lentils: brown, green, yellow  
Peas: black-eyed, pigeon peas, split  
Hummus

## Nuts/Seeds

Almonds  
Almond butter  
Brazil nuts  
Cashews  
Cashew butter  
Chia seeds  
Coconut: unsweetened, shredded  
Flaxseed  
Hazelnuts  
Hemp seeds  
Macadamia  
Pecans  
Pine nuts  
Pistachios  
Pumpkin seeds  
Sesame seeds  
Sunflower seeds  
Tahini  
Walnuts

## Dairy Alternatives

Almond milk  
Coconut milk, boxed  
Hazelnut milk  
Hemp milk  
Rice milk  
Yogurt: coconut

## Spices/Condiments

Fresh or dried herbs: any (e.g., dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)  
Fresh or dried spices: any (e.g., chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)  
Ginger  
Lemon  
Lime  
Horseradish  
Mustard  
Salsa, unsweetened  
Tomato sauce, unsweetened  
Vinegars, unsweetened

## Sweeteners

Luo han guo (monk fruit) extract  
Stevia

## Beverages

Green tea, unsweetened  
Non-caffeinated herbal teas: mint, chamomile, hibiscus, etc.  
Mineral water, still or carbonated  
Rooibos tea, unsweetened  
Water (ideally filtered)

## Fats

Avocado  
Canola oil  
Coconut milk, canned  
Coconut oil  
Coconut spread, organic  
Flaxseed oil  
Ghee/clarified butter  
Grapeseed oil  
High oleic safflower oil  
Olives  
Olive oil, extra virgin  
Sesame oil